

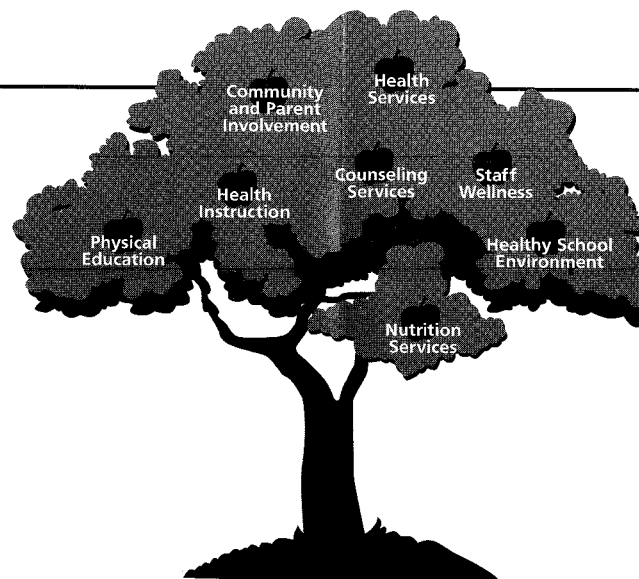
Coordinated School Health Programs

Why they are important

Children must be healthy to be educated and must be educated to be healthy. Our children are our most treasured resource, and we must prepare them for the future. In order to do so, we must help them make the most of their education. Children who are sick, hungry or hurt are not prepared and willing to learn. Therefore, basic needs have to be satisfied before learning can take place.

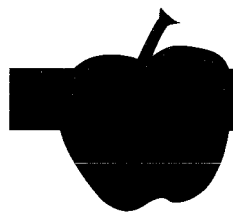
Our children are our future. Everyone pays when children have health problems, and everyone benefits when those problems are remedied or prevented. That is why individuals, families, schools and communities must become partners in promoting children's health.

Children spend a lot of time at school. Schools can help children develop the attitudes, knowledge and skills that lead to healthy, productive lives. Coordinated School Health Programs can help students attain good health, an essential for academic and lifelong success.



Coordinated School Health Programs are a cost-effective, collaborative way to promote the health of your community's students. A school health program that effectively addresses students' health and therefore improves their ability to learn, consists of many components. Each component contributes in its own unique way, while overlapping with the others. The components might include the following:

- **healthy instruction** that is age-appropriate and sequential, from pre-kindergarten through 12th grade;
- **health services**, such as prevention, intervention and referrals to community resources for health care;
- **a healthy school environment** that is clean, safe and supportive;
- **physical education**, emphasizing fitness as a lifelong practice;
- **nutrition services** that offer nutritious and appetizing meals, and help students learn how to select appropriate foods;
- **counseling, psychological and guidance services** to promote emotional well-being;
- **worksite wellness for staff** to provide positive role models, reduce absenteeism and cut insurance costs; and
- **community and parent involvement** to cooperatively focus attention on student health issues.



How to become involved in Coordinated School Health Programs

- **Learn all you can** about Coordinated School Health Programs.
- **Orient the community** about Coordinated School Health Programs.
- **Be a resource person** for your school district to promote child and adolescent health.
- **Assist the school/school district** in setting up a School Health Advisory Council.
- **Become a member** of the School Health Advisory Council.
- **Spread the word** to other organizations that could further the goals of Coordinated School Health Programs.

The Missouri Coordinated School Health Coalition was formed as a result of the Governor's School Health Summit in 1994. The 80 members of the Coalition represent 36 state agencies and organizations in a statewide partnership to advocate for Coordinated School Health Programs. The Coalition developed the *"School Health Advisory Council Guide"* to help schools establish local councils.

For more information about the Coalition or to obtain copies of the brochure or guide, please contact:

State Consultant, Health
and Physical Education
Missouri Department of
Elementary and
Secondary Education
Box 480
Jefferson City, MO 65102

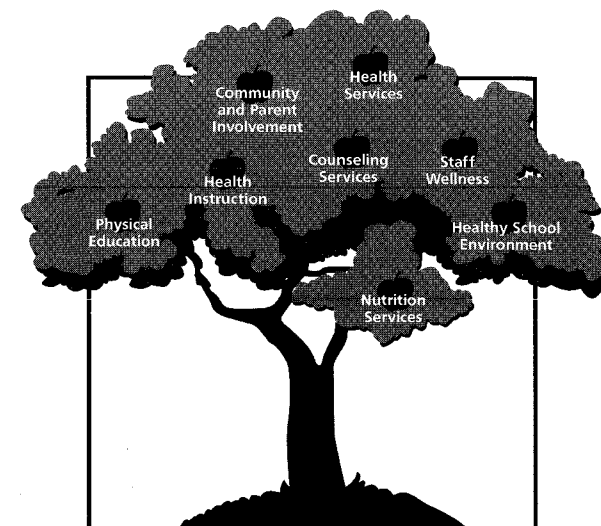
573-751-0448

Printed by courtesy of the Missouri Department
of Health and supported by the Preventive Health
and Health Services Block Grant #93.991

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION
EMPLOYER
SERVICES PROVIDED ON A NONDISCRIMINATORY BASIS.

This publication may be provided in alternative formats
such as Braille, large print or audiotape by contacting the
office listed above. TDD users can access the above
phone number by calling 1-800-735-2966.

01/02



Healthy Children, Successful Students

COORDINATED SCHOOL
HEALTH PROGRAMS

Missouri Coordinated
School Health Coalition